

YOUR GOLDEN DOOR WEEK • MAY 16, 2021

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45	RED HAWK (5 MILE) MOUNTAIN HIKES	PS	DOVE (5 MILE) MOUNTAIN HIKES	PS	EAGLE (5 MILE) MOUNTAIN HIKE *5:45 DEER (3 MILE) W/ MOUNTAIN LABYRINTH (DRIVE UP OPTION)	PS	CROW (5 MILE) MOUNTAIN HIKES	PS	BULLFROG (5 MILE) MOUNTAIN HIKES	PS	BLUE JAY (5 MILE) MOUNTAIN HIKES	PS
6:00	QUAIL TRAIL (3 MILE MODERATE) MEADOW HIKES	PS	ROADRUNNER (3 MILE MODERATE) MEADOW HIKES	PS	QUAIL TRAIL (3 MILE MODERATE) MEADOW HIKES	PS	ROADRUNNER (3 MI MOD) MEADOW HIKES	PS	QUAIL TRAIL (3 MI MOD) & MEADOW HIKES *6:15-9:45 AM MEDITATION HIKE	PS	ROADRUNNER (3 MILE MODERATE) MEADOW HIKES	PS
8:30	READY, STRETCH, GO!	A&C	READY, STRETCH, GO!	A&C	READY, STRETCH, GO!	A&C	READY, STRETCH, GO!	A&C	READY, STRETCH, GO!	A&C	READY, STRETCH, GO!	A&C
9:00	OUTDOOR CIRCUIT (2/3) DANCE AEROBICS (2) ZEN YOGA (1)	HC A D	CARDIO TONE PILATES REFORMER (2) ZEN YOGA	A B D	OUTDOOR BOOTCAMP 80'S DANCE PARTY ZEN YOGA (1)	HC A D	H.I.I.T. THE OUTDOORS (2/3) ARCHERY ZEN YOGA (1)	HC TC D	CARDIO OUTDOOR INTERVALS (2/3) ZEN YOGA (1) HAPPY HOUR DANCE (2)	HC D A	ZEN YOGA (1) SUPER CIRCUIT ZUMBA (2)	D S O1
9:50 -10:50	STAFF INTROS	PS	YOGA FOR GROUNDING (2)	D	HAPPY HIPS YOGA (2)	D	OPEN HEART YOGA (2)	D	TWIST & TURNS YOGA (2)	D	YOGA FLOW (2)	D
10:00	VINYASA YOGA (1/2) POWER CYCLE (2/3) TOTAL BODY STRENGTH (2/3)	D O2 C	OUTDOOR SCULPT (2/3) PILATES REFORMER (2)	HC B	BALL & BAND BLAST (2/3) POWER CYCLE (2/3) BALANCE TOOLBOX	C O2 A	7 MINUTE WORKOUT (2/3) ARCHERY ASTROLOGY FOR THE CHANGING TIMES	O1 TC BL	SCULPT IT! (2) CYCLE REVOLUTION (2/3) BALANCE, GAIT & POSTURE (1/2)	C O2 A	MIGHTY BODY (2) 12 MINDFUL MONTHS@HOME ZUMBA (2)	C BL O1
10:50	BROTH & VEGETABLE BREAK	PS	BROTH & VEGETABLE BREAK	PS	BROTH & VEGETABLE BREAK & GROUP PHOTO	PS	BROTH & VEGETABLE BREAK	PS	BROTH & VEGETABLE BREAK	PS	BROTH & VEGETABLE BREAK	PS
11:00	AQUA FIT (2) BOSU SCULPT (2)	C	AQUA FUSION (2) VINYASA II YOGA (2) SCENT WITH INTENT	D BL	CARDIO BOX (2/3) H.I.I.T. THE WATER (2) PLAY WITH CLAY	O1 A	AQUA INTERVALS (2) YUICHI (2) ASTROLOGY FOR THE CHANGING TIMES	A BL	AQUA CIRCUIT (2) VINYASA II YOGA (2) PILATES BODY (2)	D C	FITBALL CONDITIONING (2) HYDRO HYBRID (2) *IKEBANA	C A
12:00	AQUA DUMBBELLS SWIM ESSENTIALS MYSTERIES OF THE LABYRINTH	LAB	AQUA BOOT CAMP (2) TRX STRENGTH (2/3) SCENT WITH INTENT	O1 BL	ART OF SWIMMING HYDRO HYBRID (2) CARDIO BOX (2/3)	O1	AQUA FIT (2) YUICHI (2)	A	AQUA CIRCUIT (2) FAB ABS (30 MINUTES) PILATES REFORMER (2)	A C B	360 VIEW HIKE & GARDEN LUNCH BUTTERFLY WALK	PS PS
1:00	LUNCH	PS	LUNCH	PS	LUNCH	PS	LUNCH	PS	LUNCH	PS	GARDEN LUNCH (WEATHER PERMITTING)	GD
2:00	ROADRUNNER HIKE (2) AQUA NOODLE (1/2)	PS	LINE DANCE (2) QUAIL TRAIL HIKE (2) EMPOWERING RITUALS FOR EVERYDAY	A PS BL	WATER WALK & TONE ROADRUNNER HIKE (2)	PS	QUAIL TRAIL HIKE (2) AQUA SCULPT (1/2) BEE TOUR (WEATHER PERMITTING)	PS	TUBING TONING ROADRUNNER HIKE (2)	C PS	QUAIL TRAIL HIKE (2) AQUA YOGA (1)	PS
3:00	SUPER CIRCUIT (2) FOAM ROLL REVIVE (30 MINUTES)	S C	SCULPT IT! (2) CARDIO DANCE FUSION (2) EMPOWERING RITUALS FOR EVERYDAY	C A BL	SUPER CIRCUIT (2) CRYSTAL FLOWER POWER	S BL	SUPER CIRCUIT CORE & STRETCH (30 MINUTES)	S C	SUPER CIRCUIT (2) BAMBOO MEADOW WALK (1)	S PS	BOTANICAL WATERCOLOR LENGTHEN (30 MINUTES)	C D
3:50	JUICE BREAK	PS	JUICE BREAK	PS	JUICE BREAK	PS	JUICE BREAK	PS	JUICE BREAK	PS	JUICE BREAK	PS
4:00	CHAKRA MEDITATION CORE & STRETCH (30 MINUTES)	D C	RESTORATIVE YOGA LENGTHEN (30 MINUTES) ZUMBA (2)	D C A	CRYSTAL FLOWER POWER GENTLE YOGA	BL D	RECOVERY YOGA FOAM ROLL REVIVE (30 MINUTES)	D C	LENGTHEN (30 MINUTES) MINDFUL SELF COMPASSION	C BL	BOTANICAL WATERCOLOR FOAM ROLL REVIVE (30 MINUTES)	C D
5:00	RESTORATIVE YOGA	D	CHAKRA MEDITATION	D	RECOVERY YOGA	D	GENTLE YOGA	D	MINDFUL SELF COMPASSION	BL		
6:00	INTRODUCTION TO MEDITATION	D	MEDITATION	D	MEDITATION	D	MEDITATION	D	MEDITATION	D	MEDITATION	D
6:15	DINNER	DR	DINNER	DR	DINNER	DR	DINNER	DR	DINNER	DR	DINNER	DR
7:45	EVENING PROGRAM SOULFUL INTENTIONS with Brooke Feldman	DRL	EVENING PROGRAM BREATHWORK & CRYSTAL BOWLS with Danielle Hering	D	EVENING PROGRAM COOKING CLASS WITH CHEF GREG	K	EVENING PROGRAM RELAX & ENJOY		EVENING PROGRAM BINGO!	DR	8:00 PM FAREWELL LABYRINTH CEREMONY	LAB

The classes & activities above are in addition to or options for classes already listed on your schedule for the week.

CLASS LEVELS

- 1 = LIGHT: May include light toning, flexibility, balance and base building cardio
- 2 = INTERMEDIATE: May include squats, lunges, push-ups & stair-climbing plus moderate-level cardiovascular activity
- 3 = ADVANCED: May include running, jumping, explosive movements and high-level cardiovascular activity

CLASS LOCATIONS

GYMS & VENUES: A = Azalea B = Bamboo C = Camellia D = Dragon O1 = Odori 1 O2 = Odori 2 S = Samurai G = Garden GD = Golden Doors
DR = Dining Room DRL = Dining Lounge BL = Bell Lounge HC = Hiroba Court PS = Poolside TC = Tennis Court W = Wisteria K= Kitchen LAB= Labyrinth
RM = Room BH = Bathhouse

MORNING HIKES: IMPORTANT!!!

ALL HIKERS MEET POOLSIDE. Hike Staff will announce the departure of each hike and lead their group to the warm-up area.

Most hikes warm up on the dirt road below Garden Court. EXCEPTIONS: All Meadow, Tuesday & Thursday 3-Mile (Mtn & Moderate), Wednesday 5-Mile and all Saturday Hikes warm up on Hiroba Court.

"If we could see the miracle of a single flower clearly, our whole life would change." Buddha

WELCOME TO THE WEEK OF MAY 16, 2021. MAY IS *WE LOVE GARDENS & FLOWER MONTH.* TRY OUT SOME OF OUR NEW CLASSES THAT CENTER AROUND ALL THINGS GARDEN AND FLOWERS! *CLEANSING CREATIONS WITH FLOWERS & SAGE *BOTANICAL WATERCOLOR *CRYSTAL FLOWER POWER *IKEBANA

HOW TO NAVIGATE YOUR WEEKS SCHEDULE

- All personal services i.e., Fitness trainings, Massage, Facials, Nails & Hair will be in its own hour.
- Based on your requested preferences, the classes you are scheduled with are highlighted in red.
- If you so desire, you may choose to go to a different class than the one you are scheduled with. In that case, you can just show up to the new class. Please keep in mind some classes do have limits on how many guests can join. If the class is full, the instructor will kindly let you know.
- Any unhighlighted boxes can be a Relax, Refresh & Recharge time, or you can choose a class to attend.
- Any A La Carte will be added to your schedule highlighted in green.
- If you would like to change any one-on-one services, please see the VIP concierge to make any changes

Color Legend:

- RED** Fitness trainings & Classes
- BLUE** Massage, Skincare & Herbal Wraps
- PINK** Nails & Hair
- GREEN** A La Cartes & Extra Bookings
- * Denotes must sign up for classes

AS ALWAYS, OUR DEDICATED VIP CONCIERGE IS HAPPY TO HELP ANSWER ANY QUESTIONS YOU MAY HAVE.